

# NANNER VIRTUAL HANGOUT #5 - LETTER TO MYSELF

## LOGISTICS

<b>Theme</b>	Self Compassion
<b>Rationale</b>	Self compassion is important all the time, but especially right now. It offers a space for the intense feelings we may be having, as well as an opportunity to offer ourselves some comfort during stressful times..
<b>Objective / expected lesson / takeaway</b>	This lesson will introduce the basics of self-compassion, and offer students a moment in their day to reflect on themselves and their mental health with kindness and understanding.
<b>Estimated Time</b>	45 Min
<b>Audience Size</b>	5-15
<b>Facilitators</b>	1-2
<b>Materials / Websites / Other Inputs</b>	<ul style="list-style-type: none"> <li>• Participants should bring something to write with, and a piece of paper or journal.</li> <li>• Some useful background information: <a href="#">Kristen Neff's 3 Elements of Self Compassion</a>.</li> <li>• Facilitator may wish to prepare a guided meditation on self-compassion by finding a script or link to a short video on youtube. Examples:             <ul style="list-style-type: none"> <li>○ <a href="#">Greater Good Meditation's Script for a Compassion Meditation</a> (shorten or use pieces of this script to your liking.)</li> <li>○ This video: <a href="#">5 Minute Meditation, a "Self-Compassion Break"</a></li> </ul> </li> </ul>
<b>Deliverable</b>	1. A letter of support and encouragement written to yourself.
<b>Agenda</b>	
<b>Check In</b> Facilitator: _____ Estimated time: 10	<ul style="list-style-type: none"> <li>• Participants can rate their mood today on a scale of 1-10.</li> <li>• Icebreaker Question: If you could live anywhere in the world for a year, where would it be?</li> </ul>

<p><b>Intro to Activity</b> Facilitator: _____ Estimated time: 2-7 Minutes</p>	<ul style="list-style-type: none"> <li>● Today's activity will build upon the Self Compassion topics introduced from Virtual Hangout #3 by practicing the 3 Elements of Self Compassion. <a href="#">Review Kristen Neff's 3 elements of self compassion:</a> <ul style="list-style-type: none"> <li>○ Self kindness</li> <li>○ Common humanity</li> <li>○ Mindfulness</li> </ul> </li> <li>● <b>(Suggestion) Guided Meditation:</b> Facilitators can invite participants to take part in a guided meditation on self compassion. For example, this <a href="#">5 Minute Meditation, a "Self-Compassion Break."</a></li> </ul> <p>Note: If participants would feel more comfortable switching off their sound and video for the duration of the meditation, they are welcome to do so.</p>
<p><b>Warm Up</b> Facilitator: _____ Estimated time: 3-5 Minutes</p>	<ul style="list-style-type: none"> <li>● Facilitator will ask participants the following question, allowing them a moment to think and jot down their answers before sharing: <ul style="list-style-type: none"> <li>○ <i>What would you say to a friend or family member who is struggling, anxious, or hurting right now?</i></li> <li>○ <i>What is one message you would want that loved one to hear?</i></li> </ul> </li> </ul> <p>For example, a message of gratitude to someone who is helping others.</p> <ul style="list-style-type: none"> <li>● Participants are asked to share their messages, either using the video call, or in the chat box.</li> </ul>
<p><b>Letter to Myself</b> Facilitator: _____ Estimated time: 5 Minutes</p>	<ul style="list-style-type: none"> <li>● Facilitators will ask participants to use some of the same language and tone to write a letter of encouragement and support - to themselves.</li> <li>● Facilitator will begin the timer for 5 minutes of individual writing. Participants may find it helpful to be reminded when time is half-passed, a minute remaining, etc.</li> <li>● Facilitator may note that this task is not easy! We are often not used to being kind to ourselves, and it can be challenging to acknowledge when frustrated with ourselves. Try to write during the entire time, and begin building on these skills. Self compassion researchers have observed that the more we practice self compassion, the more we can increase the habit.</li> </ul>
<p><b>Check Out</b> Facilitator: _____ Estimated time: 3 Min.</p>	<ul style="list-style-type: none"> <li>● As a checkout, participants share one line or thought from their letter that they think others in the group may benefit from as well. If something in someone else's letter resonates with a member of the group, they can show their connection by using the thumbs up or clapping emote on Zoom.</li> </ul>